

American Diabetes Month

wellNESS

During American Diabetes Month, which is recognized every November, the American Diabetes Association (ADA) is focusing on the “Many Faces of Diabetes” within the

community. Nearly 21 million children and adults have diabetes, and an additional 54 million are at-risk for developing type 2 diabetes. If current trends continue, one out of three Americans, and one in two

minorities born in 2000 will develop diabetes in their lifetime.

The ADA raises awareness about the importance of knowing the risk factors and symptoms associated with diabetes, as well as its serious and life-threatening complications such as heart disease, stroke, blindness, kidney disease and amputation. To help prevent this epidemic from growing further, this month ADA is highlighting some of the many faces affected by diabetes. Helpful resources are available from the ADA to the public. Check the ADA website (www.diabetes.org) for information about weekly themes for November, along with a wealth of information regarding diabetes treatment, diagnosis, support, and research.

ADOA Wellness is doing their part too.

Wellness offers the Mayo Clinic

EmbodyHealth Web Portal

www.bewellstaywell.az.gov to help State of

Arizona employees become more knowledgeable about diabetes. A few examples of resources include; the “Diabetes risk self assessment,” a “Foot care presentation,” and an abundance of

educational articles. Simply sign on to the Web Portal and search “diabetes.” Wellness also provides the “Mini-Health Screening” to help detect the signs of diabetes early. For those



health plan members that are already diagnosed with diabetes, the Health Plan's Disease Management programs are available to assist you in taking control of your glucose and maintaining good health.

Walgreens Health Initiatives (WHI) is also offering assistance to Benefit Option members who have been diagnosed with diabetes. For a limited time, WHI is pleased to offer you a choice of preferred blood glucose monitoring systems *at no charge to you*. Both offered brands (ACCU-CHEK® or OneTouch®) utilize the latest in monitoring technology, which makes it easier for you to test your blood glucose regularly. In addition, because these are preferred blood glucose monitoring systems, you may receive a lower copay for your test strips. To make your choice, call one of the toll-free numbers listed below and identify yourself as a Walgreens Health Initiatives member. To order an ACCU-CHEK® brand product, call 1-800-529-2750. To order a OneTouch® brand product, call 1-888-438-3924 or visit www.OneTouch.orderpoints.com. Some restrictions may apply.

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Be Well Stay Well.

Source: ADA (www.diabetes.org) & Mayo Clinic EmbodyHealth website

2007

FLU SHOTS

Benefit-eligible State employees can receive a free flu shot until **December 31st**. Dependents, spouses, and retirees who are Benefit Options medical health plan members can also receive a free flu shot. View the complete schedule online at www.benefitoptions.az.gov/wellness. If you have questions, please call the flu shot hotline at **602-364-2535**.

Family Day Schedule

11/3	8:45 am to 1:15 pm Red Mountain Multi. Center 7550 E. Adobe
11/10	10:30 am to 2:30 pm Desert West Comm. Center 6501 W. Virginia St.
11/10	1:00 pm to 4:00 pm Longview Comm. Center 4040 N. 14th St.
11/17	10:00 am to 1:00 pm Tucson State Complex 400 W. Congress, Rm. 158

Centralized Worksite Clinic Schedule

Wesley Bolin Plaza, Phoenix	
11/14 & 11/15	9:00 am to 1:00 pm
Tucson State Complex, 400 W. Congress	
11/28	12:00 pm to 3:00 pm

To receive a free flu shot, eligible**members must:**

- Show your Benefit Options Insurance card**
- Show a Photo ID
- Know the Employee Identification Number (EIN) of the primary insured (State employee)
- We encourage you to complete your informed consent form in advance. The consent form is available on our website.
- Please make sure your shirt/dress sleeves can be rolled up to the shoulder.
- A parent or guardian must accompany children under age 18.

**If you are a benefit-eligible State employee (were offered benefits but declined), please show your State ID badge in lieu of the insurance card.



Did you know that you have a **free** source for confidential support, counseling, and expert information? This service is available **24 hours a day, 7 days a week** for all State employees whose agency is contracted with ComPsych.

The State of Arizona's Employee Assistance Program (EAP) wants you to be your best. The EAP provides **free, confidential, short-term counseling** services for you and your family. When needed, the EAP will refer employees or their dependents to support in the local area.

Many State agencies are contracted with ComPsych, which offers **free** assistance in a number of areas.

ComPsych offers guidance with issues related to:

- Family and Relationships
- Health and Wellness
- Work and Education
- Legal and Financial
- Coping with Stress



These services are accessible online (guidanceresources.com) and via telephone (1.877.EAP.ADOA).

Please call your agency's EAP phone number below:

ADOA	ComPsych	877-327-2362	TDD: 800-697-0353
AHCC CS	ComPsych	866-379-0245	TTD: 800-697-0353
ADE	EAP Preferred	602-264-4600	TTY: 800-367-8939
ADEQ	ComPsych	800-272-7255	TDD: 800-697-0353
DES	ComPsych	888-243-8200	TDD: 800-697-0353
DOC	On-site Assistance	520-623-5832 X220	
DOT	Contact	800-222-8335	TTY: 602-504-1170

NOTE: Agencies, Boards, and Commissions not listed above can call ComPsych at 877-327-2362.

Upcoming Events

2007

Upcoming Events

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the **Wellness website** for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

Wellness Classes


Office Fitness

November 5th - ASRS, Phoenix

3300 N. Central Ave., 10th Floor Board Room

11:30 am - 12:30 pm

Contact: Jean Langston, 602-240-2181

Nutrition for Energy

November 7th - ADOT, Mesa

7631 E. Main St., Conference Room

7:00 am - 8:00 am

Contact: Tina Byrd, 602-712-2245

Art of Aging

November 14th - DES, Yuma

350 W. 16th St., Suite 232

9:30 am - 10:30 am

Contact: Karen Starkey, 928-782-4343 x3157

Surviving the Supermarket

November 14th - DES, Yuma

350 W. 16th St., Suite 232

10:30 am - 11:30 am

Contact: Karen Starkey, 928-782-4343 x3157

Instant Calm

November 20th - ASRS, Phoenix

3300 N. Central Ave., 10th Floor Board Room

11:30 am - 12:30 pm

Contact: Jean Langston, 602-240-2181

NOTE: Please call the contact one week before the event to register.

FREE TAI CHI CLASS

REGISTER NOW!

Free trial classes on:

November 7th, 12:00 pm - 1:00 pm

or

November 14th, 12:00pm - 1:00pm

- Class will be held at ADHS, 1740 W. Adams in the basement activity room.
- Contact Wellness at **wellness@azdoa.gov** or **602-771-9355** before November 5th to register.
- Registration is limited to one session per person, and will operate on a first-come, first-serve basis.
- Space is limited, so register early.

Please include: *Name, Agency, Work phone, and the Class you are interested in.*

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

Confidential results will be mailed to your home.

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (**8-hour fasting is required for this blood draw**).
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event.

No appointment necessary. These screenings are done on a first come, first serve basis.



Mini Health Screenings WILL NOT be scheduled during flu season (October 1st thru December 31st).

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MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

November 13 — ADOT, Tucson
3565 S. Broadmont Dr
1:00pm - 5:00pm

November 15 — DEQ, Phoenix
1110 W. Washington
1:30pm - 5:00pm

November 27 — ADOA, Phoenix
100 N. 15th Ave.
7:00am-4:00pm

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

[Online Event Request Form](#)



Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required



Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would like to attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

Created and published by ADOA, Benefit Options Wellness Program

100 N 15th Ave, Suite 103 Phoenix, AZ 85007

www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

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